About a colonoscopy

A colonoscopy is an examination of the lining of the colon using a colonoscope which is a long, thin, flexible tube with a tiny video camera and light at the end. If growths (polyps) or other abnormalities are found, the physician may remove the abnormal tissue for closer examination or biopsy. Your colon will need to be cleansed thoroughly to complete the procedure. It is very important that you follow the instructions in this brochure.

You will be given an intravenous (IV) line through which sedative medications will be given.

About an EGD

EGD (esophagogastroduodenoscopy) is a procedure performed by a gastroenterologist to diagnose and, in some cases, treat problems of the upper digestive system. The endoscope is a long, thin, flexible tube with a tiny video camera and light on the end. By adjusting the various controls on the endoscope, the gastroenterologist can safely guide the instrument to carefully examine the inside lining of the upper digestive system.

Upper endoscopy can be helpful in the evaluation or diagnosis of various problems including difficult or painful swallowing, pain in the stomach or abdomen, bleeding, ulcers and tumors. Instruments can be passed through the endoscope to obtain tissue samples, coagulate (stop) bleeding sites, dilate or stretch a narrowed area, or perform other treatments.

Planning for other medical conditions

A registered nurse will call you prior to your procedure to go over your health history.

Please contact your prescribing provider if:

- If you are on Coumadin, Plavix, or another blood thinning medication. You may be placed on a different blood thinner until your procedure.
- If you are a diabetic and on any medications to control your blood sugar. Your primary care provider may instruct you to adjust your medication the day before and the day of your colonoscopy. Continue to monitor your blood sugar as usual.

Please let us know if you:

- Have a pacemaker or defibrillator. Please call our Endoscopy department before your procedure at 207.973.7446 to inform the nursing staff. If you have the device card, please bring it with you.
- Are allergic to any medications
- Are taking Versed or Fentanyl
- Have a history of a bleeding disorder
- Have frequent unexplained bleeding

Northern Light SM
Eastern Maine Medical Center

Preparing for your colonoscopy and upper endoscopy

We want to make you as comfortable as possible during your procedures. We know it can be difficult, and we want to make sure you are prepared to have the best results. Here is a helpful guide to get ready for your procedure.

You have been scheduled for a colonoscopy and upper endoscopy with:

_____
Physician name

There are circumstances in which your physician may change on the day of your procedure.

Date _____

Arrival time _____

If you have any question or concerns, please call:

_____
Scheduler's name

_____
Phone number

Location for your procedures

Please arrive at **Northern Light Endoscopy**, located on the third floor of the Kagan Parking Garage at our State Street campus.

Instructions and preparation

Five (5) Days Before Your Procedures

Purchase the following from your pharmacy:

- A 238 gram bottle of Miralax
- Four Dulcolax tablets (5 mg)
- A 64 oz. bottle of Gatorade (not red, blue, or purple)
- Assorted clear liquids

Stop taking the following:

- Ibuprofen, Advil or any other NSAID (non-steroidal anti-inflammatory drug).
- Fish Oil
- Pepto Bismol
- Iron supplements or multivitamins with iron
- Fiber supplements
- Foods with seeds or nuts including strawberries, tomatoes, and bananas

You may remain on: 81 mg of aspirin.

Please follow these instructions carefully to avoid having to reschedule your appointment.

If you have questions about these instructions, please call your scheduler.

One (1) Day Before Your Procedures

Do not eat or drink solid foods

- Drink clear liquids only (nothing red, blue, or purple)

Clear liquids include:

- Water
- Popsicles
- Clear fruit juices such as apple or white grape
- Coffee or tea without cream or dairy
- Gatorade
- Soft drinks, lemonade, ice tea, and Crystal Light
- Plain flavored Jello (not red, blue, or purple)
- Bouillon

At 1 pm

- Take two Dulcolax tablets

At 5 pm

- Mix whole bottle of Miralax with 64 oz. of Gatorade
- Divide solution, placing half in refrigerator for the next day
- With the other half, drink an 8 oz glass every 10-20 minutes until gone. (If you experience nausea, take a 45 minute break, then resume drinking the prep)

9 pm

- Take two Dulcolax tablets

Most patients will follow the prep included in this brochure.

☐ If another prep is recommended for you, this box will be checked. please follow the inserted bowel prep instructions.

Plan ahead!
Who will your support person be?
Please arrange for someone to come in with you, receive discharge instructions, and sign you out. They will also need to drive you home. We highly recommend someone stay with you for 24 hours after your procedures.

The Day of Your Procedures

- Do not eat solid foods.
- Morning medications can be taken with a tiny amount of water, except diabetic patients who will need to call their primary care provider for instructions

Five (5) hours before

- Finish drinking the Miralax solution from the day before
- Drink an 8 oz. glass every 10-20 minutes until gone. (If you experience nausea, take a 45 minute break, then resume drinking the prep)

Four (4) hours before

- Stop all liquids four hours before your scheduled procedure time